

A GUIDE FOR NEUROTYPICALS

5 Ways to Use Claude to Better Connect with Neurodivergent People

Practical prompts and mindset shifts for communicating
across different cognitive styles - with a little help from AI.

Swipe to explore all 5 tips →



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TIP

01

CLARITY

Translate Your Message for Directness

Many neurodivergent people - particularly those who are autistic or have ADHD - process language most effectively when it is direct, literal, and free of subtext. Neurotypical communication is often layered with implication, social softening, and unspoken expectations that can create confusion or anxiety.

TRY ASKING CLAUDE:

Here's a message I'm about to send to my colleague. Can you rewrite it to be more direct and literal, removing any implied expectations or social softening that might be hard to interpret?



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TIP

02

UNDERSTANDING

Decode Responses You Find Confusing

Communication differences go both ways. For many neurodivergent people, directness isn't bluntness - it's clarity. It's how they show respect for your time. So if you've received a response that feels abrupt, intense, or hard to parse, it may not mean what you think it does. When in doubt, paste it into Claude and get a second read.

TRY ASKING CLAUDE:

A neurodivergent person I work with sent me this message. I'm not sure how to read the tone - can you help me understand what they might actually mean and what they likely need from me?



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TIP

03

CLARITY IN DIRECTION

Give Direction That's Specific Enough to Act On

Vague direction creates a real cognitive burden for many neurodivergent people. When instructions are open-ended or implied, ADHD and autistic brains often stall trying to find the “right” interpretation, or over-invest in a direction that wasn't what you meant. It's not resistance. It's a brain trying to solve an under-defined problem.

TRY ASKING CLAUDE:

Here's a task or direction I gave to a neurodivergent colleague: [paste it]. Can you rewrite it to be more specific - including what the outcome should look like, what decisions they need to make vs. not make, and a clear deadline or next step?



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TIP

04

PREPARATION

Prepare for Hard Conversations with Structure

Neurodivergent people often do their best thinking when they know what to expect. Surprises, shifting agendas, and open-ended conversations with no stated purpose can feel dysregulating. Use Claude to draft a clear pre-meeting note that states the purpose, what you'll cover, what you need from them, and what happens next.

TRY ASKING CLAUDE:

I'm having a difficult conversation with someone who is neurodivergent. Can you help me write a short pre-meeting note that explains what the conversation is about, what I'm hoping to discuss, and what I'll need from them - so they can prepare and feel less ambushed?



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TIP

05

SELF-AWARENESS

Ask Claude to Check Your Assumptions

The most powerful thing you can do is interrogate your own framing. Neurotypical defaults - like assuming someone who avoids eye contact is being evasive, or someone who asks many clarifying questions is being difficult - often have nothing to do with intent or attitude.

TRY ASKING CLAUDE:

I'm frustrated by an interaction with a neurodivergent colleague. Here's what happened: [describe situation]. Can you help me consider whether my interpretation might be shaped by neurotypical communication norms, and what other explanations might exist for their behavior?



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These are starting points, not rules.

Neurodivergent people are not a monolith. ADHD, autism, dyslexia, and other cognitive styles each have distinct patterns and needs. The best approach is always to ask the person directly what works for them.



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